



Watermelon Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds sliced
- 6 ounces baby spinach fresh
- 1 cup grapes green halved
- 0.5 teaspoon ground mustard
- 0.3 cup onion chopped
- 0.3 teaspoon onion powder
- 1 teaspoon poppy seeds
- 1 cup raspberries fresh

- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.5 cup vegetable oil
- 2 cups watermelon cubed seeded
- 0.5 cup citrus champagne vinegar

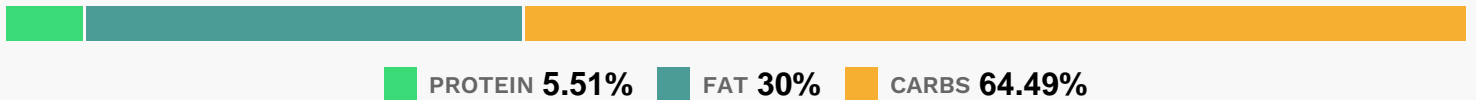
Equipment

- bowl
- blender

Directions

- In a blender, combine the vinegar, sugar, mustard, onion powder and salt. Cover and process until sugar is dissolved. Continue processing while adding oil in a steady stream.
- Add onion and poppy seeds; process until blended.
- In a large salad bowl, combine the spinach, watermelon, grapes and raspberries; sprinkle with almonds.
- Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:36.34, Glycemic Load:12.69, Inflammation Score:-9, Nutrition Score:11.965217391304%

Flavonoids

Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg, Cyanidin: 6.94mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 133.63kcal (6.68%), Fat: 4.67g (7.19%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 20.3g (7.38%), Sugar: 18.87g (20.97%), Cholesterol: 0mg (0%), Sodium: 164.76mg (7.16%), Protein: 1.93g (3.87%), Vitamin K: 111.7µg (106.38%), Vitamin A: 2227.55IU (44.55%), Manganese: 0.43mg (21.4%), Vitamin C: 14.06mg (17.04%), Folate: 48.68µg (12.17%), Vitamin E: 1.59mg (10.6%), Fiber: 2.31g (9.23%), Magnesium: 35.92mg (8.98%), Potassium: 258.62mg (7.39%), Vitamin B2: 0.1mg (6.14%), Copper: 0.12mg (6.12%), Iron: 1.08mg (6.01%), Vitamin B6: 0.09mg (4.74%), Calcium: 45.31mg (4.53%), Phosphorus: 43.7mg (4.37%), Vitamin B1: 0.06mg (3.98%), Zinc: 0.37mg (2.47%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.18mg (1.79%), Selenium: 0.95µg (1.36%)